

HAPPINESS

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❖ WHAT IS HAPPINESS PSYCHOLOGY ??

- *Happiness psychology is the study of human behavior and happiness. There are secrets to getting and staying happy.*
- MOST PEOPLE ARE ABOUT AS HAPPY AS THEY MAKE UP THEIR MINDS TO BE. — **Abraham**



HAPPINESS

- Happiness = feeling good, enjoying life, and feeling it wonderful..
- Unhappiness = feeling bad and wishing things were different...
- Subjective evaluation of life.
- Psychology and philosophy breaks down happiness into 3 categories:
 - The pleasant life
 - The engaged life
 - The meaningful life

TYPES OF HAPPINESS

HEDONIC HAPPINESS

Based on the notion that increased pleasure and decreased pain leads to happiness. Hedonic concepts are based on the notion of subjective well-being

EUDAIMONIC HAPPINESS

Based on the premise that people feel happy if they experience life purpose, challenges and growth. It is strongly reliant on Maslow's ideas of self actualization and Roger's concept of the fully functioning person and their subjective well being.

❖ POSITIVE & NEGATIVE AFFECT OF HAPPINESS

▪ POSITIVE AFFECT

- HAPPY
- JOYFUL
- PLEASED
- ENJOYMENT
- FUN

▪ NEGATIVE AFFECT

- ANXIOUS
- ANGRY
- FRUSTRATED
- UNHAPPY
- DEPRESSED

WHEN ARE WE HAPPY?

- *Martin Seligman* provides the acronym PERMA:
 - Pleasure
 - Engagement
 - Relationships
 - Meaning
 - Accomplishments

HIERARCHY OF HAPPINESS

Pleasure



Engagement



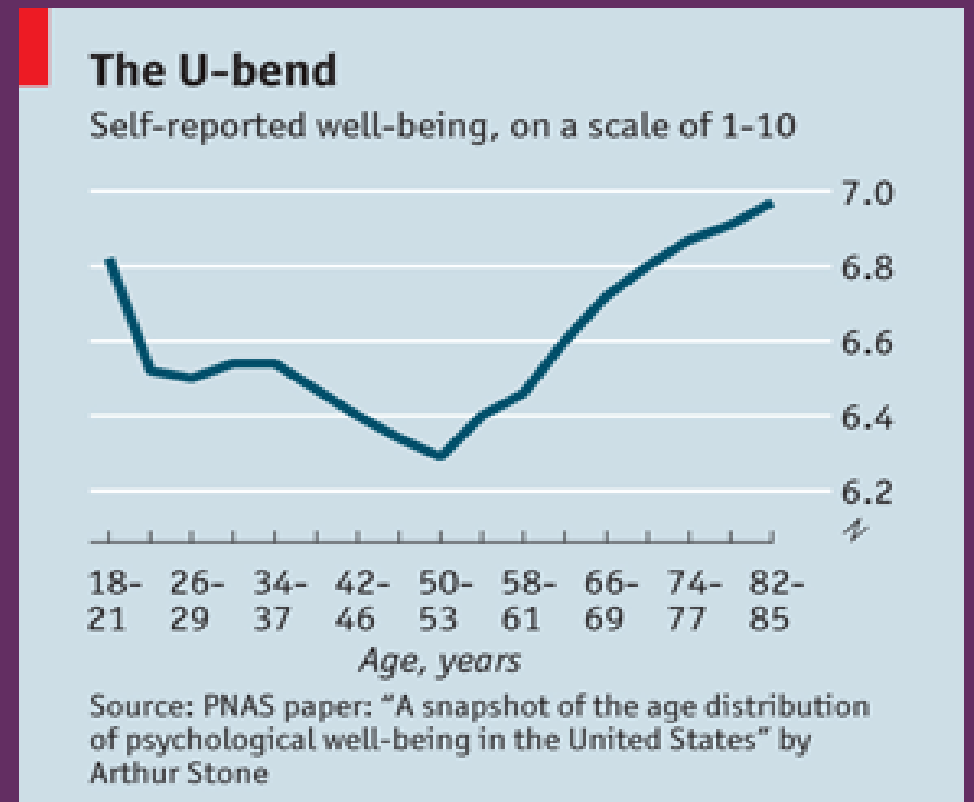
Meaningful life

GENERAL ISSUES RELATED TO HAPPINESS

- ▶ Age
- ▶ Gender
- ▶ Wealth
- ▶ Employment
- ▶ Genes and personality

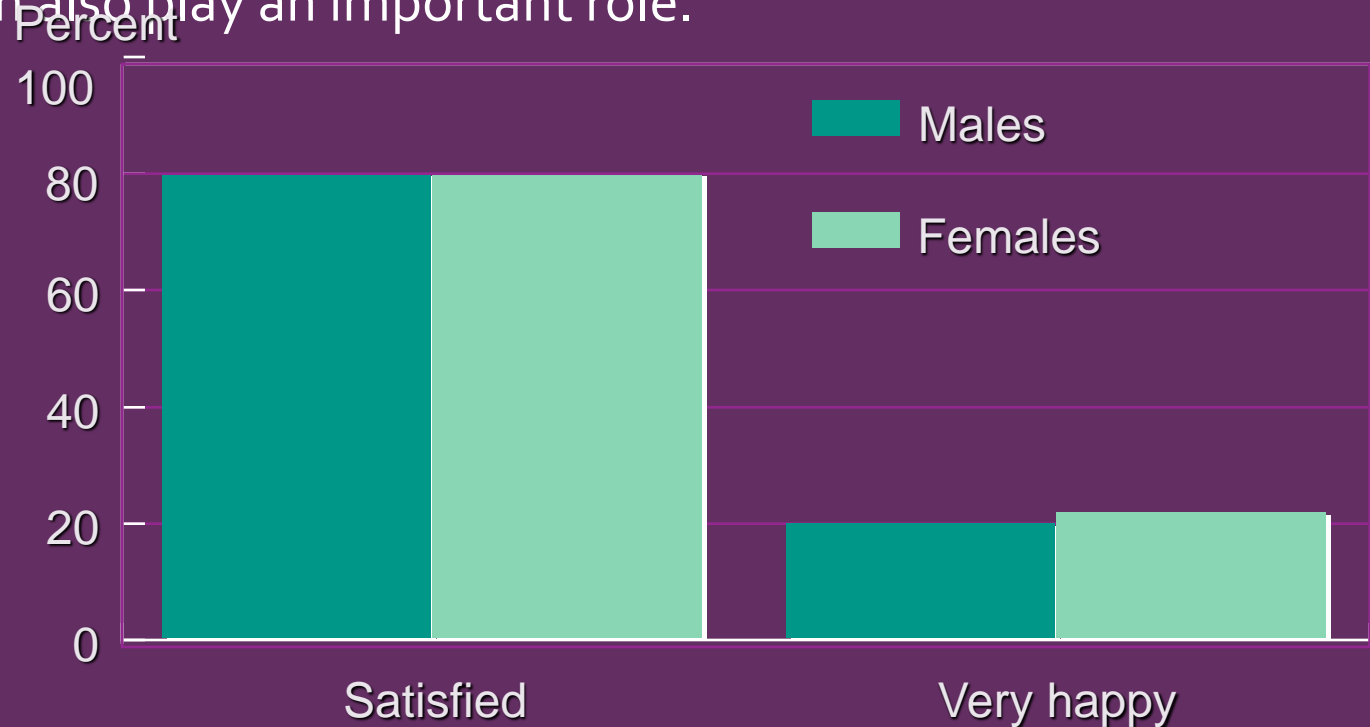
AGE AND HAPPINESS

- Young people: associate happiness with excitement .
- Older people: define happiness as a feeling of contentment.
- U-shaped relationship between age and happiness.



GENDER AND HAPPINESS

- Women are found to be slightly happier than men.
- Age, race and education also play an important role.



Pooled data from 169,776 interviews.

WEALTH AND HAPPINESS

- More money means more satisfaction.
- Relationship isn't entirely linear.
- There's a limit to how much wealth can please us.
- Individuals who are well-off financially are on average happier than poor people.

EMPLOYMENT AND HAPPINESS

- Unemployment makes people unhappy.
- Study by Knabe et al.
- Self-employed people are substantially more satisfied with their work than the employed.

activity	net affect (scale: -10 to +10)		statistical significance of difference
	employed	unemployed	p-value
hobbies/sports	7.25	6.15	0.01
socializing	6.71	6.54	0.55
eating	6.51	4.92	0.00
reading / listening to music	6.34	4.91	0.00
relaxing	5.98	6.04	0.91
break during work	5.30		
watching TV	5.09	5.18	0.69
childcare	4.42	6.96	0.00
housework	3.58	2.42	0.00
commuting	3.22		
shopping	3.00	2.17	0.11
working	2.68		
average net affect (time-weighted)	4.40	4.57	0.37
life satisfaction (scale: 0-10)	7.07	4.39	0.00

GENES AND PERSONALITY

- Researchers have uncovered a genetic link to happiness.
- Genes account for a third to a half .
- Happiness is entirely accounted for by the genes that determine the 'Big Five' personality traits.

FUND, FRIENDS AND FAITH OF HAPPY PEOPLE

- Fund and happiness have little or nothing in common.
- Having more friends also increased happiness, but having friends who were happy was a much bigger influence on happiness.
- Religion can be associated with positive emotions, including happiness and a sense of optimism.
- Although, it's quite clear that religious discrimination has the potential to make people unwell.

CHARACTERISTICS OF HAPPY PEOPLE

- Self-love.
- Take care of self.
- Love others.
- Choose friends wisely.
- Do what they enjoy.
- Optimistic about future.
- Attitude of gratitude.
- Steer clear of negativity.
- Forgiveness.
- Honesty.

HAPPINESS AND LONGER LIFE

- Being happy doesn't just improve the quality of your life. According to a new study, it may increase the quantity of your life as well.
- Older people were up to 35% less likely to die during the five-year study if they reported feeling happy, excited, and content on a typical day.



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